How to cut ties with a *bad* friend

metroVIEWS

Ottawa metro

Your essential daily news | MONDAY, APRIL 25, 2016

High 7°C/Low 0°C Partly cloudy

LEMONADE

Beyoncé drops surprise album

metroLIFE

George Nicolas hands a box of flashlights and canned food to Maria Paulina Mendoza Sunday.
JOE LOFARO/METRO

FOR ECUADOR

Ottawa family collecting donations for families devastated by the 7.8-magnitude earthquake

metroNEWS

Food desert fix Sprout-ing downtown

CRISIS

Students bring healthy options to city's needy communities

Emma Jackson
Metro | Ottawa

Healthy eating is suddenly more convenient for Sandy Hill's low-income residents, and the group behind the change wants to take its program across the city.

Sprout, a new social enterprise from students at Enactus uOttawa, is partnering with convenience stores in Ottawa's 23 food deserts to bring healthy options to needy communities.

It launched its first pilot program at Remac convenience store in Sandy Hill this weekend, unveiling a shelf of fresh veggies that can be paired with ready-to-make recipe kits, complete with step-by-step instructions — all for about $5 per meal.

"It's (the cost of) a burger at McDonald's, but you're eating healthily," said Corey Ellis, the group's president.

Ottawa Public Health reached out about a year ago to see if the student group could solve the city's food desert crisis.

From Crystal Bay to Carlington, Mechanicsville to Centretown and Vanier to Carson Grove, dozens of neighbourhoods lack a proper grocery store in walking distance. Residents instead rely on processed food found at their corner store, which is often high in salt and fat.

It's also expensive.

"We're trying to make it affordable, but also make it accessible," Ellis said. "They can make a healthy dinner in 30 minutes."

His group will monitor the new Cumberland Street location for six months, and evaluate where to expand. He said Vanier and parts of St. Laurent are likely their next targets, since so many Syrian refugees have settled there.

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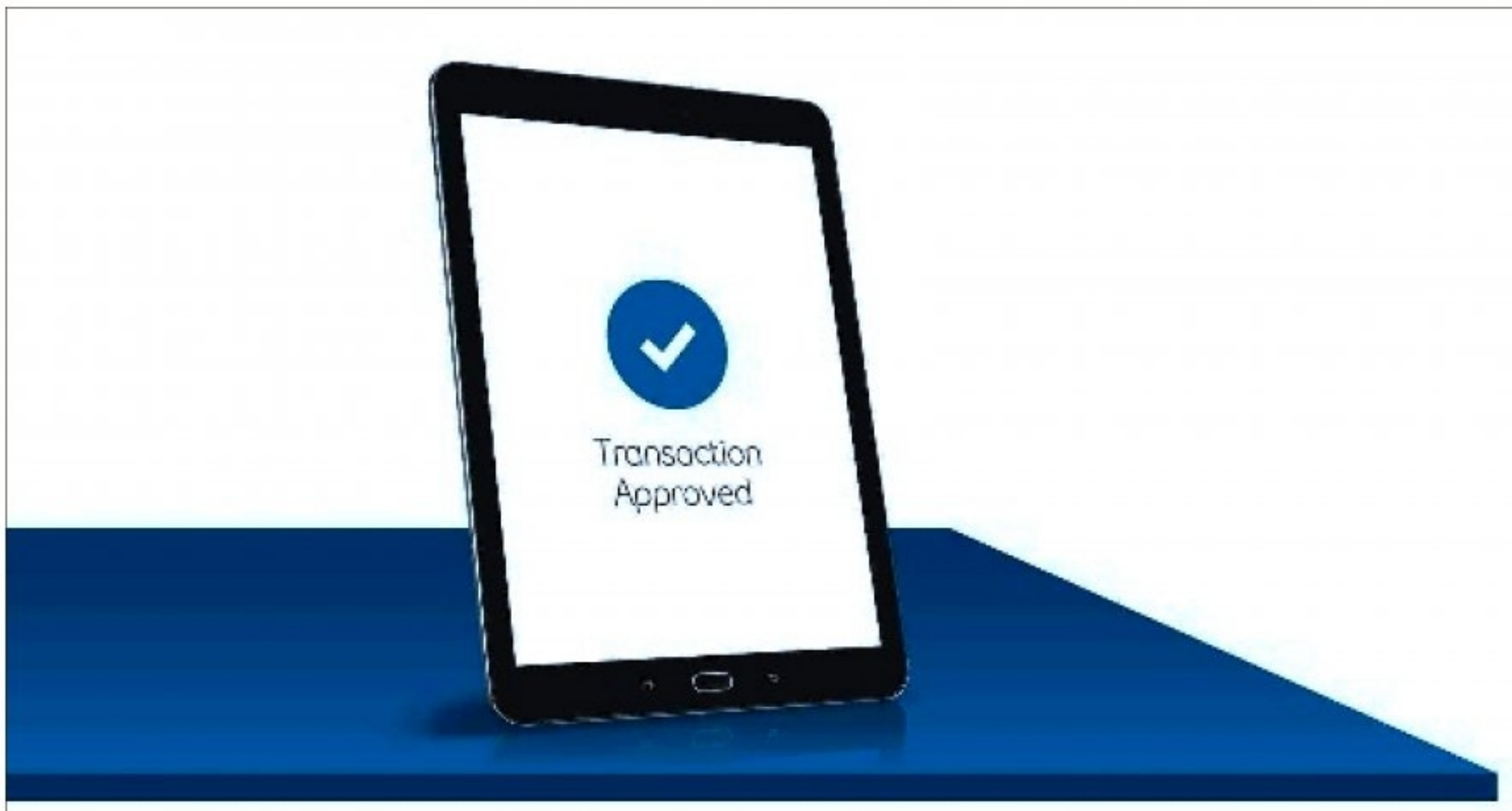

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metro NEWS

Your essential daily news

Nepal marks one year since the deadly earthquake that claimed nearly 9,000 lives. **World**

‘It’s a nightmare for them’

INNES ROAD JAIL

Mothers of inmates in prison to host public forum

Joe Lofaro
Metro | Ottawa

Diane has never served a day in jail in her life, but she says she feels like she has after hearing horror stories from her son over the phone about what life is like at the Innes Road jail.

There was the time she said she got a call from her son, in tears, because he claimed he was forced to do the unthinkable: Clean the up the blood-soaked floor of a nearby holding cell with a rag after another inmate cut his wrists.

“They said ‘clean that up, that’s your new room,’” she recalled her son telling her.

“He called me from Ottawa and he was crying. He said, ‘Mom, I’m standing here in someone else’s blood.’”

Diane doesn’t want her last name published because she fears her son — who has been in and out of the Ottawa-Carleton Detention Centre (OCDC) for the past 10 years and is there now — will be punished.

She is speaking out now that recent media attention is putting pressure on the province to improve what OPSEU has called “the worst” jail in Ontario.

Diane is also a member of Mothers Offering Mutual Support (MOMS), an Ottawa group of mothers, aunts, sisters, and grandmothers who advocate for the humane treatment of their loved ones behind bars.

The group will host a public forum at City Hall next month to once again publicize how conditions at the jail “continue to disgrace our city.”

Diane is preparing a statement for the May 12 event. Her son, who was charged with second-degree murder, has a laundry list of criticisms against the jail that have gone unchanged for years, she said.

But the story that brings Diane to tears today is about his time in solitary confinement.

During that time, there were no phone calls, no visits, and no letters. She said she wrote him letters anyway — get well cards for him to read when he became sick and funny cards to cheer him up on bad days — but she never knew at the time if he ever received them.

“I imagine most of them went into the garbage,” she said, “but that’s the only thing that kept me sane because I was hoping that he was getting something.

“That was therapeutic for me.”

In 2012, she said her son could hear a woman’s screams from a nearby cell. That woman was Julie Bilotta, who gave birth to a baby boy on the floor of her cell after her cries for help were ignored by correctional officers.

Irene Mathias, says inmates in the Innes Road jail, most not convicted of anything, are forced to endure harsher conditions than convicted criminals in federal institutions. JOE LOFARO/METRO

> **It’s just completely unbelievable that we can have a place like this in Canada.** Diane, whose son is in Ottawa jail

“It’s a nightmare for them and we live it at the same time. Either we hear it from them — and it’s even worse when we don’t hear it from them — (or) we hear it on the news,” said Diane.

“It’s just completely unbelievable that we can have a place like this in Canada.”

Approximately 63 per cent of the inmate population at the jail is on remand, meaning they have only been charged with a crime and are awaiting trial. The remand rate has nearly doubled in the past 20 years, according to the Ministry of Community Safety and Correctional Services.

Irene Mathias, another MOMS member, has been advocating for better conditions in the jail for several years. She said the problems associated with sanitation, overcrowding, lack of medical care and programming for mental health services, and inadequate food are nothing new.

“Basically, people are being locked up in harsher conditions than convicted criminals serving maximum security sentences in federal penitentiaries would endure,” said Mathias.

After advocating for change for some time, she now has a direct role in overseeing immediate change.

She is one of 13 members of a province-led task force that is developing an action plan to address overcrowding and capacity issues.

Community Safety Minister Yasir Naqvi created the task force after reports of inmates sleeping in showers. The group has a firm deadline of developing its plan by no later than June 1.

MOMS’ public forum was originally scheduled for mid-June, but Mathias felt it was necessary to move it ahead of the release of the action plan and in light of recent media attention on the troubled jail. It will be held in Jean Pigott Place from 6 to 8 p.m.

In a statement, Naqvi told Metro he had a “very productive meeting” with MOMS last Friday to discuss staff increases, food, yard time, and access to programs at the OCDC.

“I am encouraged by the work of the Task Force that is underway and by the engagement of our community and I know that the best solutions are developed in collaboration with community partners like Mothers Offering Mutual Support (MOMS). That’s why we ensured that MOMS was represented on the Task Force as their voices are an integral part of this dialogue,” said Naqvi.

Diane said it’s “wonderful” that the jail is being put under the spotlight while her son counts down the days until he leaves again.

“Hopefully it will bring about change,” she said.

“We fought so hard to get to this point so it’s wonderful we’re at the this point, but the government has to take the next step.

“They have to do something about it.”

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5 THINGS TO WATCH AT CITY HALL (AND BEYOND) THIS WEEK

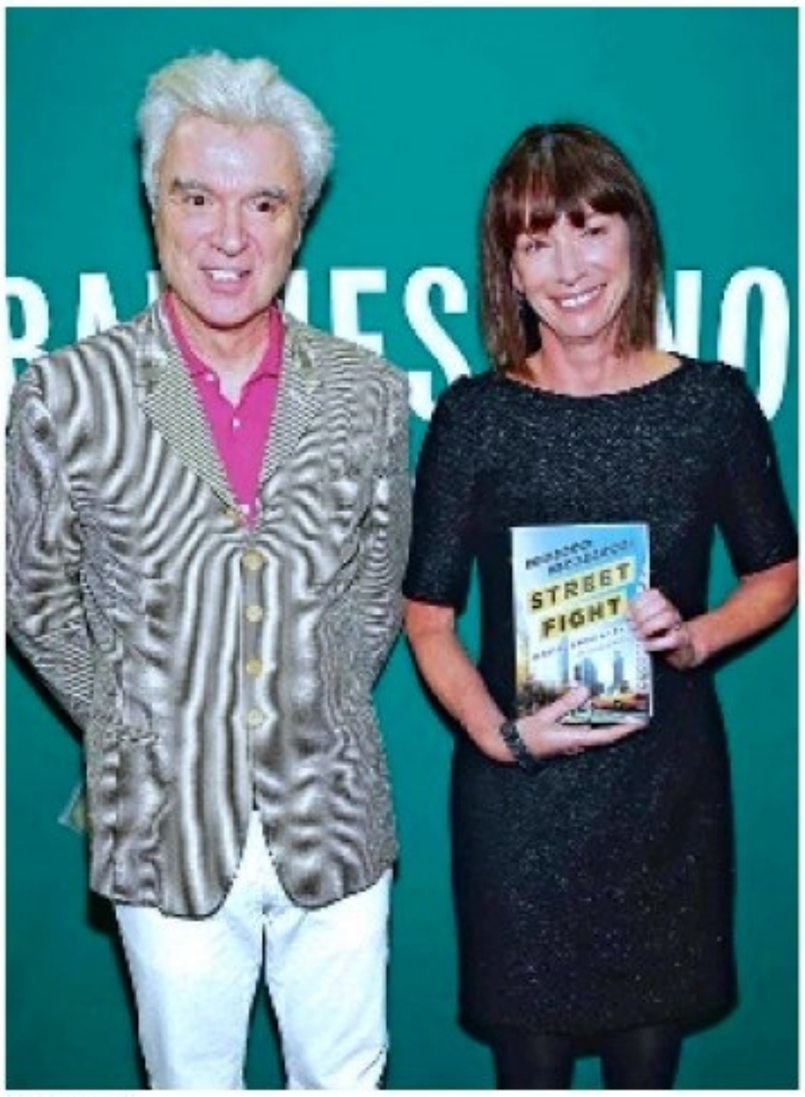
A New York City urban planning rock star is coming to Ottawa this week, just as the LeBreton Flats redevelopment debate heats up again.

Lucy Scholey
Metro | Ottawa

1 or 1 LeBreton Flats choice

Two potential LeBreton Flats developers will find out how their proposals rank on Thursday. Rendez Vous LeBreton Group, which includes the Ottawa Senators, is planning to move the team into an NHL-sized arena on the land. The other bid, DCDLS Group — backed by big names like Cirque du Soleil founder Guy Laliberté and Quebec billionaire André Desmarais — is also planning an NHL arena, plus a skate park, museums and restaurants. We won't know the winning bid (or, in theory, neither could be selected) until later. An evaluating committee will make a recommendation to the National Capital Commission on Thursday.

RENDERINGS CONTRIBUTED



GETTY IMAGES

From the streets of New York 2

New York cycling and pedestrian guru Janette Sadik-Khan lands in Ottawa this week to teach us a thing or two about people-friendly streets. The author of Streetfight: Handbook for an Urban Revolution is a household name among the urban planning world. As a former New York City transportation commissioner, she doubled the miles of bike lanes and sharrows, introduced lower speed limits in the city's neighbourhoods and made Time Square pedestrian friendly. Her talk is Wednesday at 6 p.m. at the Aberdeen Pavilion. So far, more than 1,700 people have RSVP'd on Ecology Ottawa's website.

3 Kilmorie home may get heritage label

The planning committee will decide whether to grant heritage status to a Confederation-era poet's home in City View. The owners of the Kilmorie home on 21 Withrow Ave. say this label will handcuff them in their attempts to sell the property. But area residents, including College Coun. Rick Chiarelli, want the home to be protected under heritage status. William Wilfred Campbell, who has been likened to Canada's own William Wordsworth, wrote about his old home in the 1916 poem Blood Drops of Heroes. The planning committee meets on Tuesday.

4 Synagogue a step closer to heritage status

A former synagogue in Lowertown is one step closer to earning heritage protection. The Adath Jeshurun Synagogue, at 375 King Edward Ave., was built for the Adath Jeshurun congregation in 1904. While Heritage Ottawa and the Lowertown Community Association are applauding the city's move to grant the building a heritage designation, the owner is not in favour. The building currently serves as a church for the French congregation of the Seventh Day Adventist Church in Ottawa. The planning committee meets on Tuesday.

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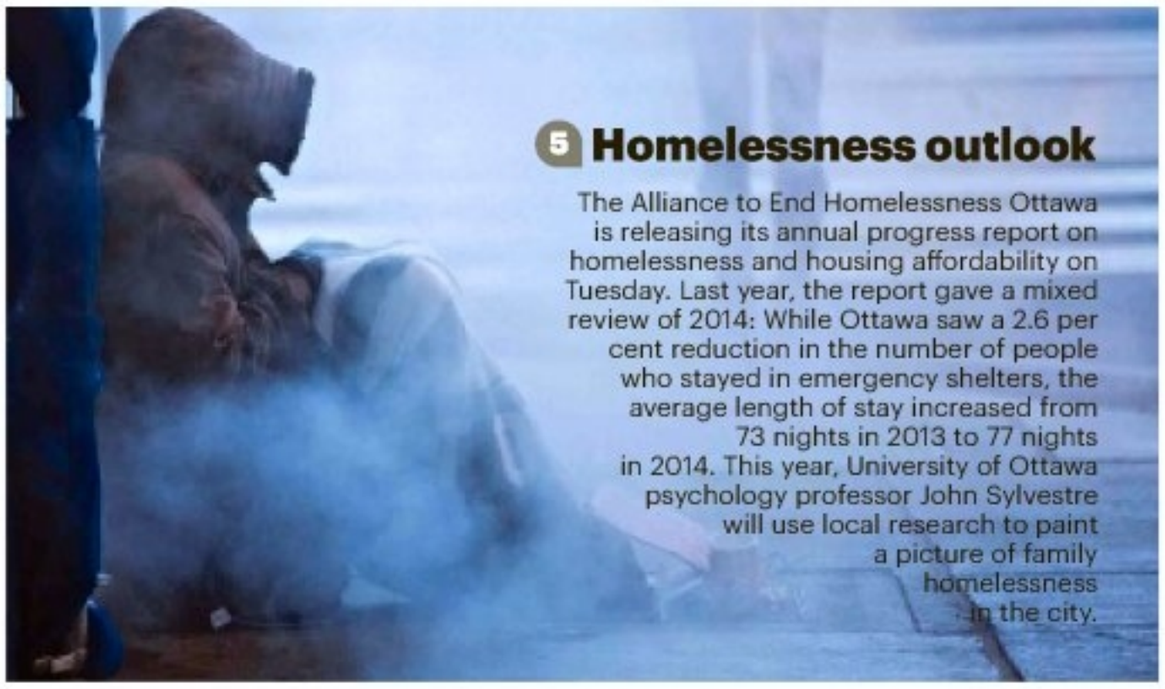

5 Homelessness outlook

The Alliance to End Homelessness Ottawa is releasing its annual progress report on homelessness and housing affordability on Tuesday. Last year, the report gave a mixed review of 2014: While Ottawa saw a 2.6 per cent reduction in the number of people who stayed in emergency shelters, the average length of stay increased from 73 nights in 2013 to 77 nights in 2014. This year, University of Ottawa psychology professor John Sylvestre will use local research to paint a picture of family homelessness in the city.

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FEEL THE FURY

DEMONSTRATION REMEMBERING A DARK CHAPTER IN TURKEY'S HISTORY Nareg Ghazarian, 12, left, came from Toronto to support his Armenian ancestors on Parliament Hill this Sunday, the 102nd anniversary of the start of the Armenian genocide. Under Ottoman rule, up to 1.5 million Armenians were killed between 1915 and 1918. But Turkey disputes the term genocide, and a crowd of Turkish supporters also showed up on the hill to counter-protest the Armenian demonstration. Canada is one of 29 countries that recognizes the genocide. EMMA JACKSON/METRO

Striving to get fit and informed

FUNDRAISER

Alive for Strive ran its course Sunday for kidney disease

Sara Ericsson
For Metro | Ottawa

Corynne Adamson is 19 years old, and will soon need a kidney transplant.

She has chronic kidney disease, a condition that many know nothing about. When her family heard about the Alive to Strive Race, an event committed to increasing awareness around the disease, they knew they should sign up.

The Corynne's Crusaders team was created by her grandparents George and Sandra Adamson, and members participated in the team race and the 10-kilometre race and won top prizes for team spirit and most funds raised.

Sandra Adamson said the day was an opportunity for them to come together in support of their family member and to help create a dialogue around chronic kidney disease, "which is often overlooked."

The Alive to Strive Race raises funds for the Alive to Strive Kidney Fitness Project, a non-profit volunteer organization that offers people with chronic kidney disease the chance to get active again. Nearly 900 people participated in this year's event at Terry Fox Athletic Facility near Mooney's Bay.

Marie-Eve Chainey, president of the organization, said this event acts as the organization's sole fundraising opportunity, but that it goes beyond that. It's also a chance for families to come together in a positive environment to support each other.

She said the Adamsons did just that.

"They're a special bunch," she said. "They've been involved in fundraising all over the board, and are just fantastic."

The event, which includes 1k, 5k and 10k races, also acts as a goal for its participants, who often face fatigue as a side-effect of their diagnosis. Many who begin competing in the 1k eventually move up to the longer events.

"You need something to encourage and motivate you to do something," she said.

The event also featured a health-check booth where nursing students took blood pressure and blood sugars levels and provided basic education on physical activity and proper diet.

Chainey said this is all in effort to make people understand the importance of a healthy lifestyle in relation to kidney disease, since it's preventable in most cases through fitness and a balanced diet.

In its six years, the event has raised over $125,000 for the Fitness Project. Proceeds go towards grants from Fitness Project, which include anything from gym memberships, bowling memberships to running shoes — whatever someone needs to get active, they work to provide.

AWARENESS

Chronic disease often undetected

Facing a diagnosis can be a scary thing. What's also scary is the possibility of knowing nothing about it.

"Chronic kidney disease is an illness we don't hear enough about," says Chainey. "There is a lack of knowledge of what it is, and what its effects are."

The disease affects kidney functions, and weakens their ability to remove extra water and waste from blood vessels in our bodies. It reduces kidney function to less than 30 per cent of its normal strength.

The disease is caused mainly by high blood pressure or diabetes, and can lead to problems such as heart or bone disease, arthritis and nerve damage.

It often goes undetected because it doesn't present obvious symptoms. This makes it especially dangerous because it is a lifelong affliction that requires treatment.

There are approximately 800 people in Ottawa alone currently on dialysis, a form of treatment that removes the water and waste the kidneys can no longer remove.

Corynne's Crusaders stand around Corynne Adamson, sixth from the left. SARA ERICSSON/FOR METRO

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Organized crime could pose a risk to pot regime

FEDERAL DOCUMENTS

Regulation of marijuana won't eliminate black market

Legalizing marijuana won't automatically make Canada's black market for weed go up in smoke or banish organized crime, warns a draft federal discussion paper on regulation of the drug.

Justin Trudeau's Liberal government says a legal marijuana regime will keep pot out of the hands of children and deny criminals the profits of illicit dealing.

However, the December draft paper, obtained by The Canadian Press through the Access to Information Act, flags the ongoing involvement of organized crime including possible infiltration of the new system as a key issue the government must confront.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code, and create new laws to more severely punish those who provide pot to minors or drive while under its influence.

In the House of Commons, Public Safety Minister Ralph Goodale recently said the new system would do a far better job of stopping the flow of shady money "to illegal gangs and organized crime."

The draft discussion paper outlines a more complex scenario.

"As the experiences of other jurisdictions and of the regulation of alcohol and tobacco in Canada have shown, regulating a substance does not automatically remove it from illicit markets as evidenced by importation and sales of contraband tobacco," the paper says.

"Given the degree to which organized crime is currently involved in the marijuana market, they could continue to produce marijuana illicitly and may attempt to infiltrate a regulated industry."

Canada's illegal market for marijuana is estimated to be worth billions of dollars and organized crime is known to play a major role in illicit production, importation and distribution, the paper says. That means those who obtain pot with the exception of sanctioned medical users are exposed to criminal elements.

The paper warns of severe risks and consequences:

Pressure from criminal elements to use more serious and dangerous drugs such as cocaine and crystal meth;

Enticement of purchasers to become local distributors and therefore embark on a serious criminal path;

Exposure to extortion, particularly those who do not pay for purchases or, if entangled in dealing, fail to follow orders or meet quotas.

The federal and provincial governments should have the power to levy taxes on marijuana, with Ottawa responsible for taxing manufacturers and importers, and provinces levying taxes at the retail level, the C.D. Howe Institute recommended in a recently published report.

The federal government should discourage black-market activity by defining the legal amount of pot someone can possess, as well as maintaining and building on penalties for illegal production and trafficking, the think tank argued.

"The challenge for policymakers is to set tax rates that do not foster an illicit market alongside legal sales."

THE CANADIAN PRESS

Minister of Public Safety and Emergency Preparedness Ralph Goodale speaks during question period in March.

ADRIAN WYLD/THE CANADIAN PRESS

> **They could continue to produce marijuana illicitly and may attempt to infiltrate a regulated industry.** Federal papers, on organized crime

ALGONQUIN COLLEGE

School, Siemens launch new plant

Marc Shaw
Ottawa Business Journal

Algonquin College celebrated Earth Day Friday with the unveiling of its new cogeneration plant which aims to put the college's green ambitions on the map and their eco footprint off the grid.

The cogeneration plant is phase three of the college's energy savings contract with Siemens, a 20-year, multi-million dollar collaboration.

"At Algonquin College, we aim to make every day an Earth Day," said Algonquin College president Cheryl Jensen. "Already, because of our partnership with Siemens, we have shrunk our annual operating costs by more than $3.2 million dollars and we have reduced our carbon emissions by more than 1,400 tons annually."

The two-megawatt natural gas cogeneration plant facility will allow the college to operate in blackout conditions while reducing energy and maintenance expenses. Ms. Jensen also signed a memorandum of understanding with Siemens Canada CEO Robert Hardt to strengthen the relationship between their organizations.

The forward-looking agreement includes the establishment of an Energy Innovation Centre at the college and the Energy Management graduate certificate program which will begin in the fall of 2017.

"Canada's energy landscape is changing dramatically and the industry innovation needs to happen in a real-world setting," Mr. Hardt said. "Today's students are tomorrow's skilled workforce and strong private-public partnerships like the one between Siemens and Algonquin are vital to enhancing education and research in the energy space, ensuring Canada remains competitive and sustainable."

Siemens Canada CEO Robert Hardt and Algonquin College president Cheryl Jensen unveil a cogeneration plant on Friday.

MARC SHAW/OTTAWA BUSINESS JOURNAL

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CRIME

Quebec man charged with sexual assault

Emma Jackson
Metro | Ottawa

A Quebec man has been charged with sex offences after an alleged incident involving a 10-year-old child in Ottawa, police said.

Nicholas Boudreault of Sherbrooke, Que. was charged Friday with one count each of sexual assault, sexual interference and invitation to sexual touching.

The incident happened earlier this year, but the report was made last week, according to police.

Police said there could be other victims, and 28-year-old Boudreault was known to frequent the Ottawa-Gatineau, Embrun and London areas.

Boudreault was scheduled to appear in court on Saturday.

Anyone with information should contact the Ottawa Police sexual assault and child abuse unit at 613-236-1222, ext. 5944.

A woman crosses Queen Street while it was disrupted for LRT construction last fall. EMMA JACKSON/METRO

Expect quiet streets in 2017

ECONOMY

Construction might slow after Canada's 150th: industry

Emma Jackson
Metro | Ottawa

Construction groups are bracing for a dip in business as Ottawa primps for Canada's 150th birthday celebrations next year.

City staff said last week that this summer's downtown construction season will be busier than usual in an effort to reduce the amount of roadwork underway when millions of tourists descend upon the capital for the year-long birthday party in 2017.

"The city has strategically scheduled work so it is minimized in 2017," transportation committee chairman Keith Egli told staff and media last Wednesday.

While that's good news this year, next summer could be tough, said National Capital Heavy Construction Association spokesperson Dale Harley.

"With a quieter 2017 and a less robust investment program in federal infrastructure funding, it does give the industry a little cause for concern," Harley said.

City staff have told him 2017 investments will simply shift to suburban and rural areas, where tourism isn't as prominent. But Harley isn't convinced.

"When you take a look at the forecast, we do see a bit of a dip," he said.

The city and the federal governments, while making record investments in infrastructure, are focusing more on public transit than roads, Harley said.

Even the city's recent road investments — notably the $340-million Ottawa on the Move program — offered a temporary boost to the construction industry, but no long-term security, Harley said.

"What it did was just take future funding commitments and move them into the present," Harley said. "What you're doing is digging a hole for the future, and we were hoping that would be backfilled by federal dollars and increased recognition that not all spending has to be on light rail."

The city's projected budget for road renewal, growth and integrated infrastructure projects is actually about $5.5 million higher in 2017 than 2016: $173.8 million versus $168.3 million.

But, this year's construction push isn't limited to downtown roads.

Several legacy projects are also scheduled to finish before or during early 2017: The Rideau Centre expansion will wrap up this summer, the NAC facelift will be done "sometime in 2017," and the city's Arts Court redevelopment should open its doors in early 2017 as well. The goal is to showcase a "quiet, clean city" during what the city has dubbed "Ottawa's big year," according to transportation committee chairman Keith Egli.

EARTHQUAKE

Family seeking donations for Ecuador

Joe Lofaro
Metro | Ottawa

By Sunday morning, the Mendoza family's garage was filled with enough sleeping bags, tents, and food to feed a small army.

Originally from Ecuador, the Orleans family put out a call for anyone to donate items for the thousands of people affected by last week's devastating 7.8-magnitude earthquake and aftershocks.

The death toll rose to 654 over the weekend, with 58 still missing.

"It's horrible," said Maria Paulina Mendoza Sunday, who said she has seen footage of towns where she would celebrate Carnival destroyed by the quake.

With the Ecuadorian and Canadian flags flying and a placard with "Donations here" written on it, Mendoza, 20, and her parents Maria Paulina and Xavier Mendoza welcomed Ottawans to their home on the weekend to accept donations to hand to the Embassy of Ecuador in Ottawa.

Ambassador Nicolas Trujillo is having the items delivered to the most affected regions of the country in the coming weeks.

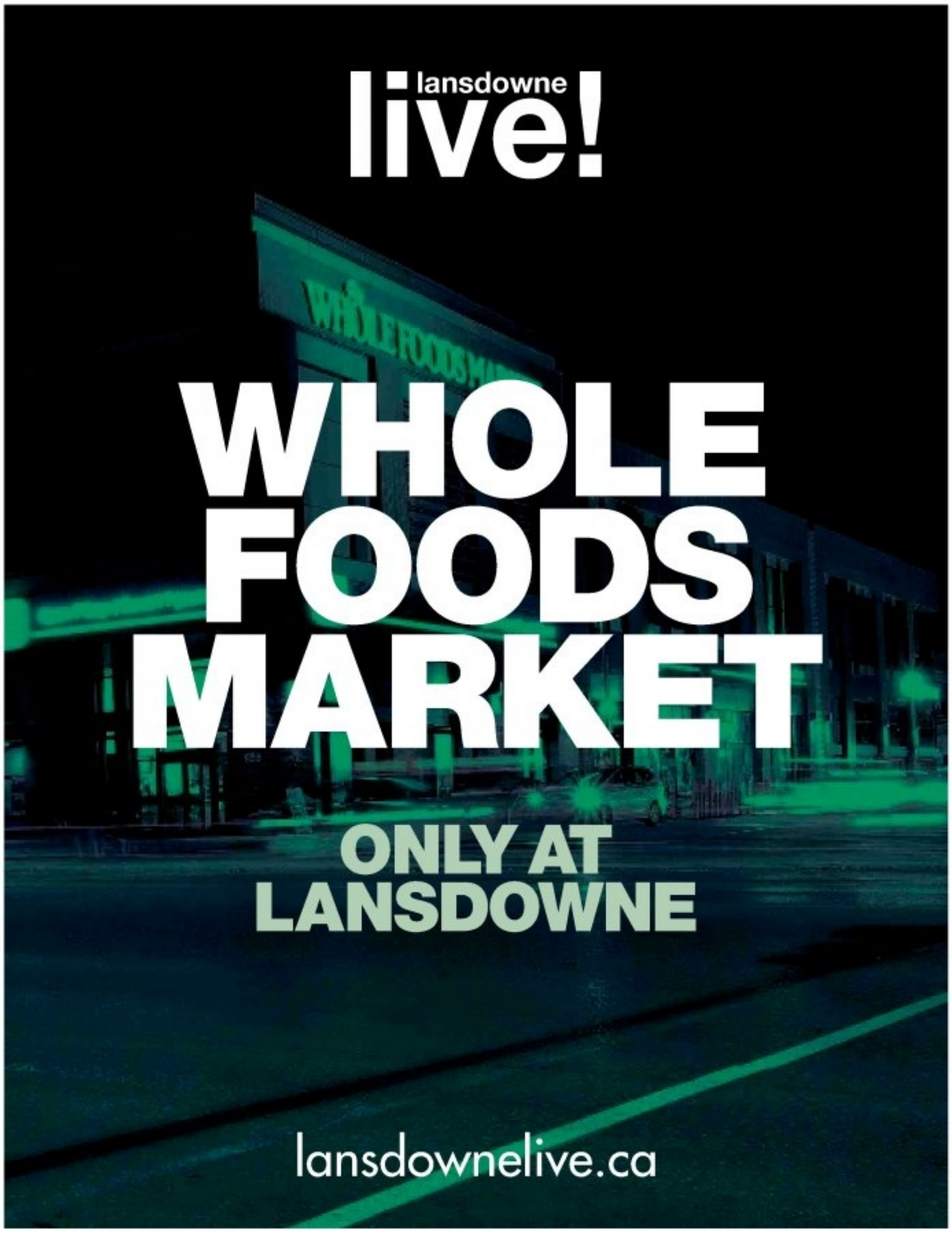
One resident who dropped off items on Sunday was George Nicolas, a civilian member of the Canadian Forces. He donated sleeping bags, tents, canned food items, flashlights and batteries.

The Mendozas have relatives in the town of Guayaquil, but they said it wasn't as hard hit.

Hundreds of aftershocks have rattled the country since the quake hit and Ecuadoreans are still sleeping outside and struggling to find food and water.

Aid is arriving, but relief workers have warned of delays in water distribution and said mosquito-borne illness could spread through the camps.

WITH FILES FROM THE ASSOCIATED PRESS



How one mom's belly pic ended up online

PRIVACY

Local woman's photos land on porn site after being catfished

Evan Matthews
For Metro | Winnipeg

A woman from Winnipeg, Man. says she was shocked to find out photos she sent to someone she thought was a friend ended up on a pregnancy porn site.

Tracey Drexler, a mother of two, says she is pregnant with twins. She said she went online looking for Facebook groups who could provide her with advice on birthing twins, and found a group called Life With Twins.

"I've gotten lots of good advice on there. Being a first time twin-mom, you don't really know what to expect," said Drexler. "It's been helpful in a lot of ways."

Drexler was commenting on a thread along with another pregnant mother.

The woman commenting with Drexler befriended her on Facebook, and they started discussing their pregnancies. Drexler didn't think twice about sending a belly photo, she said.

"It was definitely innocent to start, like, she's just another mom, right?" said Drexler.

But innocent soon turned creepy.

"She asked about my nipples and how they were changing, and then she asked to see a photo," she said. "We kind of stopped talking then."

A short time later, Drexler noticed the group make a post about not allowing belly photos in the group due to people catfishing photos of pregnant women. Attached to the post was a link to a site called pregophillia.com.

"I remembered I had shared my picture with the creepy (person)," said Drexler. "I clicked on the link and went through the website. I found a photo of me."

> **It was definitely innocent to start, like, she's just another mom, right?**
> Tracey Drexler

Drexler said she sent the website an email and they took her photo down.

Susie Parker, social media strategist for Sparker Strategy Group, said there are certain things all people – not just pregnant women, should keep in mind when dealing with people online.

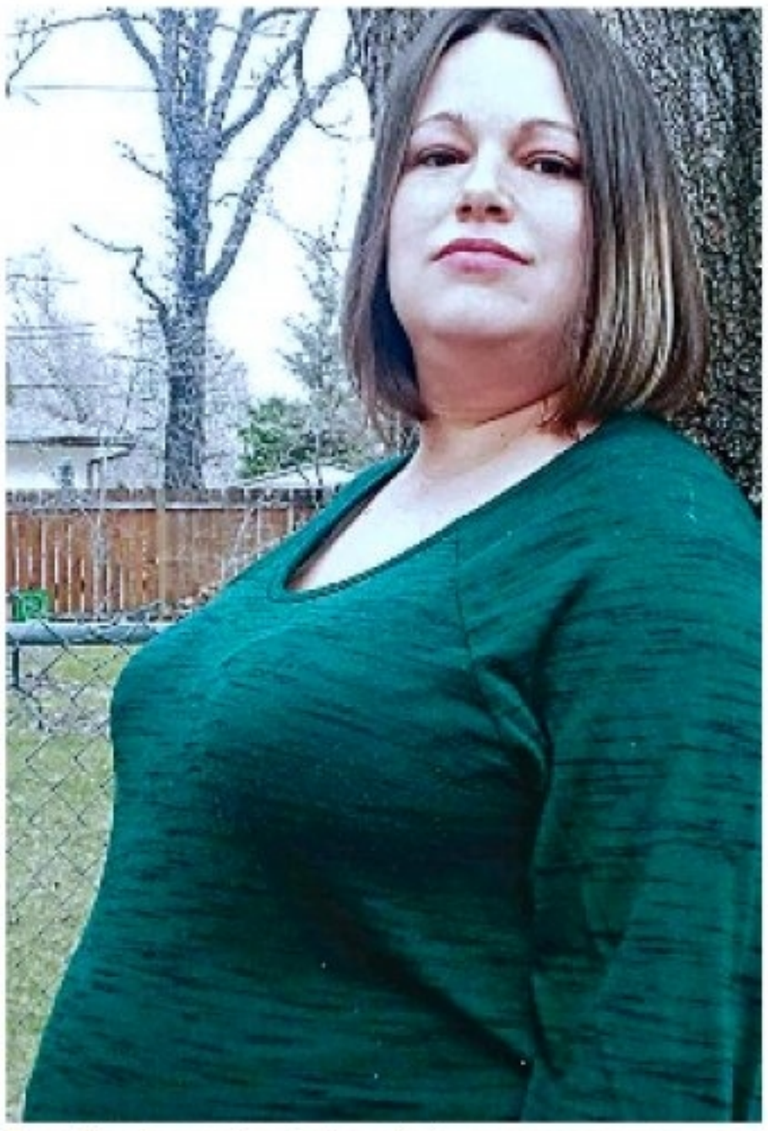
"Don't accept requests from people you don't know," she said. "If you do… you put yourself and (your) information at greater risk online."

She said even if someone is sharing pictures with you online, you shouldn't feel the need to send any back. If you suspect the person is fake or catfishing, you should report the profile to Facebook, she said.

"If you feel harassed or unsafe, block the profile," she said.

Drexler said while pregnancy is a beautiful thing, other mothers-to-be should make sure they have appropriate privacy settings.

"I'm a lot more paranoid now," she said.



Tracy Drexler says her photo ended up on a pregnancy porn site. CONTRIBUTED

ANIMALS

Rescued dogs get a second chance at life

Thandi Fletcher
Metro | Vancouver

Five dogs rescued from the illegal meat trade in Asia are being given a new leash on life in British Columbia.

The animals, which were brought here by Vancouver-based animal rescue group Leading Each Animal Safely Home, or LEASH, arrived at Vancouver International Airport late Saturday night.

LEASH worked with the Soi Dog Foundation, a Thailand-based non-profit organization that rescued the dogs from being trafficked into the meat industry in that region.

"The dog meat trade is a huge industry there," Cassi MacDonald, team member for LEASH, told Metro. "It's horrifying. It's absolutely devastating because to us, dogs are our companions. They're our friends… and it's sad to imagine our companions going through such things."

Although eating dog meat is illegal in Thailand, tens of thousands of dogs are smuggled from the country every year to neighbouring regions, where they are prepared for human consumption. The dogs are often transported in crammed crates, where they either die along the way or are tortured for hours, often before being skinned alive, according to the Soi Dog Foundation.

Woodpecker is one of the dogs rescued from the illegal meat trade in Asia that arrived in Vancouver, B.C. late Saturday night. COURTESY SANDI COUSINS

MacDonald said the dogs, which have all received veterinary check-ups and the necessary vaccinations before arriving in Canada, will stay in foster homes for about five to eight weeks until they are ready for adoption.

Cathy Zaste, who met the dogs at the airport, said she broke down in tears as soon as the animals entered the arrivals terminal around 11 p.m.

She and husband Al, who also own a pet supply store, are fostering one of the dogs, an eight-year-old pup named Buster. The couple is also temporarily caring for another dog, Cherish, until she can be placed in another foster home.

Although the dogs had spent less than a day in their home, the Maple Ridge couple said the animals already seemed to be adjusting well, spending much of Sunday curled up at their feet.

The same rings true for Sandi Cousins, who took mixed-breed pup Woodpecker into her Burnaby home as a foster.

When Cousins saw the dog carted out at the airport Saturday night, she said she immediately bonded with the pooch, which she nicknamed Woody.

"I stuck my finger in his cage … and he came up and gave me a lick," she said. "I just wanted to get him out of there and get him home, and tell him, 'Hey buddy, this is the beginning of your new life.'"

> **Dogs are our companions … and it's sad to imagine our companions going through such things.** Cassi MacDonald

FIRST NATIONS

Teen wants change for Attawapiskat

Thirteen-year-old Sheridan Hookimaw killed herself on the banks of the river that flows through Attawapiskat, ultimately sparking a crisis that has now drawn international attention to her isolated First Nations community.

The sickly girl, who had to be flown out weekly for medical appointments, recorded video messages to her family saying she wanted to end her pain, and telling them not to blame themselves.

Since then, as many as 100 others in Attawapiskat — a community of 2,100 people — have apparently tried to kill themselves, sparking panic among the First Nation's leaders, who recently declared a state of emergency in a desperate cry for help.

Among them is the big sister Sheridan left behind.

"Every morning when I wake up, when I don't see my sister there or when I don't hear her voice, I feel so lonely without her," Rebecca Hookimaw, 16, says at the home they shared.

Beyond the grievous personal loss, Hookimaw's acquaintance with desolation runs deep.

She grew up with her grandparents rather than with her mom and dad, she says.

Her background has also helped her understand why her peers — most from damaged families living in over-crowded, frequently substandard houses in which drug and alcohol addictions wreak havoc — might want to kill themselves.

Rebecca Hookimaw
THE CANADIAN PRESS

There was also bullying: people called her fat and ugly, she says.

But Sheridan's death also prompted the young woman to try to turn her life around.

Now, she says, she's trying to support other teens who may be teetering on the edge. She wants them to know that suicide is not the answer.

"I tell people things I can't even tell myself," Hookimaw says. "If you ever think about taking your life away, don't do it. Suicide ends your pain but it will go on to somebody else, and it's just going to keep on going."

"I hope everything changes in Attawapiskat one day."

THE CANADIAN PRESS

Israel frees jailed child

WEST BANK

Palestinian girl, 12, caught with knife under shirt

A 12-year-old Palestinian girl, imprisoned by Israel after she confessed to planning a stabbing attack on Israelis in a West Bank settlement, returned home Sunday after she was freed early following an appeal.

Dima al-Wawi is believed to be the youngest female Palestinian ever imprisoned.

Al-Wawi was greeted by about 80 relatives at her family's house in Halhoul, a village near Hebron, a West Bank city that has been a focal point of violence. Relatives decorated the house with balloons and posters. Banners by the Islamic militant group Hamas along with the Fatah party of Palestinian President Mahmoud Abbas adorned the walls.

"I am happy to be out. Prison is bad," al-Wawi told The Associated Press. "During my time in prison I missed my classmates and my friends and family."

According to court documents provided by the military, al-Wawi approached the West Bank settlement of Carmei Tsur on Feb. 9 with a knife hidden under a shirt.

A security guard ordered her to halt, and a resident instructed her to lie on the ground and told her to give up the knife, which she did.

An amateur video clip shown on Israeli TV showed the resident asking the girl, who was wearing her school uniform, whether she had come to kill Jews, and she said yes. She later pleaded guilty to attempted manslaughter in a plea bargain and was sentenced to 4 1/2 months in prison. She was freed early after an appeal.

Her case put Israel's military justice system in a tough spot because of her young age. Israel captured the West Bank from Jordan in the 1967 Middle East war, and Palestinian residents there are subject to a system of military law that can sentence suspects as young as 12 to prison.

By contrast, Israeli settlers in the West Bank, as well as Jewish and Arab citizens of Israel, are subject to Israeli civil law, which does not allow anyone under 14 to go to jail.

THE ASSOCIATED PRESS

Dima al-Wawi greets her mother upon her release from Israeli prison. AFP/GETTY IMAGES

REFUGEE CRISIS 10,000 STUCK AT CLOSED BORDER CROSSING A man and his daughter sit with a group of men whiling away their time at a makeshift camp for migrants and refugees along the Greek-Macedonian border near the village of Idomeni on Sunday. More than 10,000 migrants have been stuck for weeks in grim conditions at this camp after a series of border closures on the Balkan migrant route. AFP/GETTY IMAGES

MISSING STUDENTS

Mexican police tortured suspects: Report

There is strong evidence that Mexican police tortured some of the key suspects arrested in the disappearance of 43 students, according to a report by an outside group of experts.

The Inter-American Commission on Human Rights expert group says that a study of 17 of the 110 suspects arrested in the case showed signs of beatings, including, in some cases, dozens of bruises, cuts and scrapes. One suspect said he was nearly asphyxiated with a plastic bag, and medical studies showed another had been slapped on the ears so hard his eardrums broke.

The Mexican government recently released documents suggesting investigations had been opened against police and military personnel, but authorities have not answered requests about whether anyone has been arrested or charged.

The 43 students have not been heard from since they were taken by local police in September 2014.

The allegations of torture could put in danger any chance of convictions, especially because the government's version of events — that corrupt police handed the students over to drug gang members who killed them and burned their bodies at a trash dump — hangs in large part on the testimony of some drug gunmen who now say they were tortured into confessing.

The group complained the government was slow to deliver some of the evidence it had asked for; it criticized government prosecutor's investigations as flawed and incomplete, and suggested the government wanted to stick to its version, without investigating possible involvement by federal police and the army.

The report criticized the forensics investigations of human remains and evidence of fire at the garbage dump in the town of Cocula, Guerrero, saying that prosecutors had provided little evidence there ever could have been a fire a big enough at the site. THE ASSOCIATED PRESS

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A bloody weekend in the U.S.

From a shooting at a Wisconsin high-school prom to slain family members, this weekend in the U.S. saw at least 14 people dead, including gunmen. Investigations into all the shootings are still ongoing. THE ASSOCIATED PRESS

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WISCONSIN

Dream night turns nightmare

An 18-year-old man opened fire with a high-powered rifle outside of a high school prom in northern Wisconsin, wounding two students before a police officer who was in the parking lot fatally shot him, authorities said Sunday.

Investigators did not say whether they believe the two students were specifically targeted or discuss a possible motive for the shooting. But a school administrator said it appeared that the gunman — identified as Jakob E. Wagner — intended to go into the dance and start shooting randomly.

The two prom-goers who were wounded were shot as they exited the building, according to Eric Roller, the chief of police in Antigo, a community of about 8,000 people roughly 150 miles north of Milwaukee.

GEORGIA

'A ticking time bomb'

The daughter of a northeast Georgia man suspected of shooting five people to death before killing himself said her father was a "ticking time bomb."

Lauren Hawes told The Associated Press on Saturday that she and her 1-year-old daughter hid in a neighbour's house — barely escaping with their lives — while her father, Wayne Anthony Hawes, 50, went on a bloody rampage and killed five people, including her grandmother and cousin.

Capt. Andy Shedd of the Columbia County Sheriff's Office said that the shootings stemmed from a domestic dispute that left three men and two women dead at two separate locations. The body of shooting suspect Hawes was recovered Saturday by authorities.

OHIO

'A pre-planned execution'

Residents of the rural southern Ohio community of Piketon are rattled by a rare major crime that took the lives of eight members of a tight-knit family in the area.

Authorities were still trying Sunday to find out who targeted the seven adults and teenage boy and why. Their bodies were found Friday at four different homes near Piketon, about 60 miles south of Columbus.

Attorney General Mike DeWine said Sunday the slayings were "a pre-planned execution" and he expects the investigation will be lengthy.

"This was very methodical. This was well planned. This was not something that just happened," said Pike County Sheriff Charles Reader, saying most were targeted while they were sleeping.

NATURAL DISASTER

Nepal marks anniversary of earthquake

People gathered Sunday at the remains of a historic tower in Nepal's capital that collapsed in a devastating earthquake a year ago, as Nepalese held memorial services to mark the anniversary of a disaster that killed nearly 9,000 people and left millions homeless.

Minor protests were also held, with demonstrators angry at the slow rate of reconstruction in the wake of the magnitude-7.8 quake that ravaged vast areas of Nepal.

Participating in the memorial ceremonies were people who lost loved ones in the quake, and others who simply came to pray for those killed.

About 100 protesters scuffled with riot police outside the prime minister's office demonstrating against the slow reconstruction of the homes. More than 600,000 homes were destroyed and around 185,000 damaged.

According to the International Federation of Red Cross and Red Crescent Societies, an estimated 4 million people are still living in sub-standard temporary shelters in conditions that pose a threat to their health and well-being. Only 661 families have received the first installment of a 200,000-rupee ($1,868) government grant, getting 50,000 rupees ($467) so far.

Nepal has made almost no progress in rebuilding from the quake despite foreign donors pledging more than $4 billion in aid during a donors' conference last year. The government, in disarray for nearly a decade, has not regrouped enough to be a strong force for reconstruction.

Out of the $4.1 billion pledged, Nepal has so far received just $1.28 billion. THE ASSOCIATED PRESS

Family members of earthquake victims pray during a Buddhist ceremony to commemorate the victims of last year's magnitude-7.8 quake that hit Nepal. GETTY IMAGES

FLORIDA

Employee killed by tiger broke the rules

A Florida zoo official says an employee who was killed by a tiger earlier this month didn't follow zoo policy.

Palm Beach Zoo CEO Andrew Aiken said that zoo policy prohibits zookeepers from entering an enclosure to which a tiger has access.

Stacey Konwiser, 38, was killed April 15 when a male Malayan tiger attacked her in the enclosure known as the night house, where tigers sleep and are fed. Aiken said Konwiser entered the part of the night house "after it was clearly designated as accessible by a tiger."

Stacey Konwiser
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

EGYPT

Defend state from 'forces of evil': El-Sissi

Egypt's president urged citizens to defend the state and its institutions from the "forces of evil" on Sunday, a day before planned demonstrations against his policies, including the transfer of two Red Sea islands to Saudi Arabia.

In a widely televised speech, Abdel-Fattah el-Sissi insisted on the need for stability in the Arab world's most populous country, saying that attempts to degrade it "won't be successful" if Egypt stands united.

"We must protect these institutions because these mean the state," he said. "I am reiterating to the Egyptian people this is the responsibility of all of us, for us to protect this security and stability."

Earlier this month, thousands marched against el-Sissi's policies in the largest demonstrations since he assumed office in 2014. The protests featured slogans such as "leave," and "down with the regime," used in the 2011 uprising that toppled longtime leader Hosni Mubarak.

The protesters, including politicians and activists, called for more demonstrations on Monday, a national holiday that commemorates the withdrawal of the last Israeli troops from the Sinai Peninsula in 1982 under the Camp David peace agreement.

The armed forces will deploy at vital sites Monday to prevent saboteurs from taking advantage of these protests, Egypt's military spokesman Brig. Gen. Mohammed Samir said Sunday.

El-Sissi's comments raise the possibility of large-scale counter-demonstrations that could turn violent, in addition to a potentially harsh police crackdown - especially if the demonstrators attempt to reach the heavily policed Tahrir Square.

Protests are essentially banned in Egypt under laws passed after el-Sissi led the military overthrow of his elected but divisive Islamist predecessor, Mohammed Morsi, in 2013.

A petition titled "Egypt is not for sale," which calls for a reversal of the decision on the islands and supports the protests, was signed by more than 300 Egyptian novelists, lawyers and activists, and several calls have been made on social media for Monday's demonstrations to converge on Tahrir Square, the epicenter of the 2011 revolt against Mubarak.

THE ASSOCIATED PRESS

Rage against the machine

ROBOTS

Fears rise of a takeover by automated workers

Connie provides guests with information about restaurants, tourist attractions and more.

Domino's Robotic Unit (DRU) is an autonomous vehicle that carries pizza and sides.

The travelling robot hitchhiked across Canada in 2014, covering 10,000 kilometres.

Amelia, a call centre robot, uses enhanced natural language to go beyond the typical "press one to speak with someone" to "understand" what you're asking for.

Hype about robots — from artificially intelligent therapists to burrito-delivery drones — has surged recently amid increased investment from tech giants such as Facebook, Google and Amazon.

With so much high-profile coverage, it's no wonder fears have also soared that automated helpers could put us out of work. A recent Pew Institute study said more than two-thirds of Americans think that most jobs will be done by robots or computers in 50 years. But according to at least one expert, a full-fledged robot workplace invasion will not happen anytime soon.

"I scream when I see colleagues say that robots are going to replace people and be mimicking their brain," said Andrew Goldenberg, professor emeritus in mechanical engineering at the University of Toronto. "To compete with people from a certain level of skills and up? Give me a break."

The reason is that there are many limitations to machine learning. Robots are much better at learning tasks that can be memorized and have strict rules and structures: they can breeze through the math portion of an SAT, but would flunk the essay section.

Robots are not going to be able to perform the most human of functions — those that require improvised, creative, emotional responses, any time soon, Goldenberg said.

However, robots replacing some manufacturing jobs — once the foundation of a middle-class life — has been happening for decades.

"In the auto industry we've seen the march of automation and increasing labour productivity rapidly for the last several decades," said Bill Murnighan, director of research at Unifor, Canada's biggest union.

Canada is producing about the same number of vehicles as it was two decades ago, with a quarter fewer workers. The lion's share of the change has come from new technology, including robots, said Murnighan.

It's a scenario that's become increasingly familiar to workers in the service industry, such as those in fast food, call centres, retail and bank tellers.

McDonalds Canada plans to outfit 1,000 locations with self-serve kiosks — though the company said it would not lead to job losses.

The White House's Council of Economic Advisers projected earlier this year that people making less than $20 an hour have an 83 per cent chance of losing their job to a robot, while the odds for those earning less than $40 are 30 per cent.

Even education might not be the protection from creeping automation it was once thought to be. A McKinsey & Co. study found most of what most of us do at work is repetitive and rote. That means robots might not entirely replace our jobs, but rather a lot of what we do.

About 45 per cent of the tasks Americans do across all jobs could be automated — even those in powerful positions. About 20 per cent of the work a CEO does could be automated, the McKinsey study found.

TORSTAR NEWS SERVICE

NAHEED NENSHI

Recording could be a felony

Brodie Thomas
Metro | Calgary

Secretly recording a conversation is not cool under Massachusetts law. But calling someone a "d—" is not a problem.

That's according to Boston-based lawyer Howard Cooper, who spoke to Metro about the potential legal fallout of a recording made of Mayor Naheed Nenshi last week in Boston.

A Lyft driver who picked up the mayor had the live-streaming app Periscope running on a device. Nenshi had no idea he was being broadcast, and spoke candidly about his thoughts on the ride-sharing company Uber.

Cooper said under Massachusetts law, it is a felony to secretly record the audio of another person's voice, without their consent. He said there is even a famous case where a man made a recording of police harassing him. The man took the recording to police to lay a complaint and was instead charged with a felony.

INNOVATION

Solar-powered plane makes journey across Pacific Ocean

A solar-powered airplane on a mission to fly around the world landed in California, completing a risky, three-day flight across a great expanse of the Pacific Ocean.

Pilot Bertrand Piccard landed the Solar Impulse 2 in Mountain View, in the Silicon Valley south of San Francisco, at 11:45 p.m. Saturday following a 62-hour, nonstop solo flight from Hawaii without fuel. The plane taxied into a huge tent at Moffett Airfield where Piccard was greeted by the project's team.

"You know there was a moment in the night, I was watching the reflection of the moon on the ocean and I was thinking 'I'm completely alone in this tiny cockpit and I feel completely confident.' And I was really thankful to life for bringing me this experience," Piccard said at a news conference after he landed.

The landing came hours after Piccard made a fly-by over the Golden Gate Bridge as spectators below watched the narrow aircraft with extra wide wings.

Piccard and fellow Swiss pilot Andre Borschberg have been taking turns flying the plane on an around-the-world trip since taking off from Abu Dhabi, the capital of the United Arab Emirates, in March 2015. It made stops in Oman, Myanmar, China, Japan and Hawaii.

Solar Impulse 2 flies over the Golden Gate Bridge in San Francisco on Saturday. The solar-powered airplane is attempting to circumnavigate the globe to promote clean energy and the spirit of innovation. THE ASSOCIATED PRESS

The trans-Pacific legs were the riskiest part of the plane's travels because of the lack of emergency landing sites.

The aircraft faced a few bumps along the way.

The Solar Impulse 2 landed in Hawaii in July and was forced to stay in the islands after the plane's battery system sustained heat damage on its trip from Japan. The team was delayed in Asia, too. When first attempting to fly from Nanjing, China, to Hawaii, the crew had to divert to Japan because of unfavourable weather and a damaged wing.

The plane's ideal flight speed is about 28 mph, though that can double during the day when the sun's rays are strongest. The carbon-fiber aircraft weighs over 5,000 pounds, about as much as a midsize truck.

The plane's wings, which stretch wider than those of a Boeing 747, are equipped with 17,000 solar cells that power propellers and charge batteries. The plane runs on stored energy at night. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

A friend I've known since moving to Canada, who is deeply embedded in my social circle, makes me uncomfortable. He's rowdy and rude, and creepy toward my wife. Should I dump him? Can I?

Dear Ellen,

One of my oldest friends (I've known him since I came to Canada 11 years ago) is also from my country and shares connections with my people back home. But he does drugs to the point where I feel uncomfortable around him, and behaves in a horribly rowdy and rude manner. Also he is touchy-feely, really quite creepy, towards my wife, making suggestive comments and hugging her in an overly drawn-out and grabby way. My wife feels very skeeved out by this, but won't say anything as he's my friend. Unfortunately, his sister and my wife's stepbrother are together, and he's embedded in my social circle.

Should I dump him? How can I dump him?

Rakib, Toronto

Dear Rakib,

At some point, many of us look at certain friends and realize that if we met them now, there's no way we'd have anything to do with them. Whether it's their idiotic politics, crude manners, overweening narcissism, deadly dull conversation, or lack of personal hygiene we can't stand, the fact is we could live happily see the last of them tomorrow.

But if they're childhood friends, or family friends, or the "friends by default" we tend to accumulate through our social circles, we often accept them for who they are.

With friends past their shelf life, it can be less hurtful if you just politely evaporate over time.

You might even argue that it does us good to make room for all types in our lives.

As for friends who don't fit any of those categories, who may have crossed us in some way, or who add nothing but empty social obligation to our lives, and to whom we owe nothing, it is perfectly justifiable to let the friendship go.

The sleazy loser you're describing fits into the last category, and deserves to be dumped immediately.

Alas, with the extenuating circumstances you've described, I admit this won't be easy.

If he was a reasonable person who wasn't embedded in your life, I'd recommend you simply back off. When you repeatedly find excuses not to get together with someone, they'll usually take the hint and stop asking. Note: This is not allowed in romantic relationships, where you are obliged to explicitly tell your soon-to-be ex you want to break up, and then bear the brunt of any last words/objects they want to fling at you.

But with friends past their shelf life, it can be easier and less hurtful for both parties if you just politely evaporate over time. As a friend who's both dumped and been dumped, I can tell you this method works like a charm. In a couple of cases, it took me years to realize I'd been dumped at all! But the passage of time and my own (narcissistic?) powers of denial definitely helped to alleviate the sting.

Unfortunately for you, Rakib, the wife-groping, drug-taking, ill-mannered clod in your life is likely incapable of taking a hint. Even if you confront him directly, and unfriend him in person, he sounds like the type of jerk who'd stir up trouble among your surrounding friends and family.

What might work is if you address his behaviour on a case-by-case basis. If your wife can't bring herself to tell him not to grope her, you can ask him to be more respectful the next time he does it. When he's high, tell him you don't want to be around him. When he's rowdy and rude, call him out on his words and actions.

Keep it short and sweet, calm and polite. He may counterattack with ridicule or anger, so let him, shrug it off, and move on. Do not engage or argue. Consistently react with lecturing disapproval every time he reoffends.

With any luck at all, he'll soon find you to be a boring, self-righteous nag, and want to start avoiding you altogether.

Problem solved.

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

You gotta be pretty good with women to be as sexy as Prince was

Among all the other things more eloquently explained by hundreds of other people by now, Prince was a sexual god.

It's not an academic premise; it's a visceral fact. His music forces movement from secret, erogenous places, outwards. You tingle. You hum. Then you dance.

And it's anything but conventional titillation. Pan-sexuality is a decidedly dull and ubiquitous phrase for the fluid and erotic way he played with gender and desire. Prince's sexiness was dirty, and highly feminine, but also fundamentally loving in a way that is desperately lacking in the sex appeal of mainstream pop culture today.

For women, and really anyone who's not a hetero-male, and even hetero-males, his femme-sex-positiveness is still radical.

"Prince put women in his band. Thirty years ago," tweeted my friend, Helen Spitzer, on the news of Prince's death. "He wrote a sexy, beautiful song called 'If I was yr girlfriend.' I don't want to overstate this (cannot be overstated) but Prince thought women's orgasms were important."

"As a young woman it was very obvious to you he was women-focused, very female-centric on how he conceived of sexiness," Helen added when I called her up.

Which isn't to say he wasn't also masculine. Somehow, while lounging naked in a feminine pose, one hand delicately covering a bare nipple, he gave us a single outlet for sexual desires that would otherwise run in wildly opposite, or looping, or disjointed directions. Hard and soft.

He was also "genuinely sexually curious, in an utterly respectful way," Helen noted. And that was the other side of his sexual perfection. Its openness. Its authenticity. Its dignity, even when it was nasty. Its adoration of sexuality itself. "Sexuality is all we ever need," he sings in the aptly titled "Sexuality." And the "we" there is key — while Prince was having an orgasmic time, he wanted everyone else to, too.

Politically speaking, it's not exactly clear whether Prince always believed in the free erotic glory he embodied. A 2008 New Yorker profile suggested he disapproved of gay marriage. But from the reaction to his death, that is no match for his actual, deep and expansive legacy of sexual and gender freedom.

And, it should also be said, love. For at least the last three years, I've listened on repeat to Call My Name. Leaning hard on slow soulfulness, it is the perfect love song. Lust-love, heart-love, soul-love. The way your name, on the lips of your lover, "let me know that my name had never really been spoken before."

"Baby would you call it! Call my name," he begs. "... Prince."

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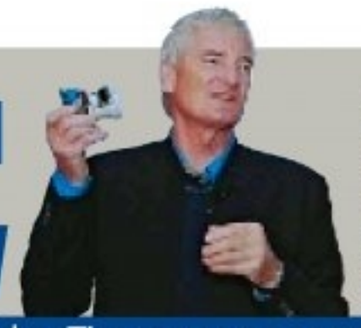

James Dyson, inventor of the Dyson vacuum, is the first self-made Briton to reach the £5-billion mark, states the 2016 Rich List.

London has more billionaires than any other city, according to The Sunday Times newspaper's Rich List

'There are no jobs' for new grads

EDUCATION

Even qualified engineers are feeling the oil price pinch

Shady Hashem, who did a co-op placement with Alberta's Syncrude, graduated from engineering at Dalhousie University into one of the worst job markets in recent memory. JEFF MCINTOSH/THE CANADIAN PRESS

Shady Hashem travelled partway around the world to study as a mine engineer in Canada, at times paying triple the local tuition and working at a call centre to put himself through school, only to graduate in one of the worst job markets in recent memory.

"There are no jobs," said Hashem, 28.

"I talk to a lot of engineers, and the expected time to get a job is between six months and a year."

He came to Calgary to look for work after finishing classes at Halifax's Dalhousie University in December, hoping to find something in Alberta's oilsands with his co-op work experience at Syncrude last summer. But postings are slim, and he hasn't heard anything back after applying for 50 or so jobs in recent weeks.

"I'm applying everywhere, but I haven't heard back from anybody yet, not even an email that says, 'Sorry, this position has been filled,"' said Hashem. "That's very frustrating."

Hashem, originally from Egypt but now a permanent resident of Canada, is one of the many recent engineering grads who are struggling to find jobs as the oil-and-gas industry continues to slash jobs in the aftermath of the global oil price plunge.

Those still in school looking for work experience also face a daunting market as summer approaches.

Colleen Bangs, manager of career services at the University of Calgary, said only about a third of the 659 engineering students at the school have found placements for their year-long internships as companies cut back on campus recruitment.

"Something I've noticed, particularly in this last semester, is that there's a bit of an impending feeling of doom," said Bangs.

That's in stark contrast to the situation just a couple years ago, when the industry was booming.

"It was just a very different climate. Employers were racing to make offers," said Bangs. "Whereas now it's a bit more sombre to be totally honest. It's a lot slower, much like we're seeing in the general marketplace."

Several companies are cutting back on student hirings. Suncor said it's reduced hiring compared with recent years without giving specifics, while Cenovus Energy said it isn't hiring any students at all for now, paid or unpaid.

> **"I'm applying everywhere, but I haven't heard back from anybody yet, not even an email that says: 'Sorry, this position has been filled'**
> Shady Hashem

Cenovus spokesman Brett Harris said in an email that the company suspended the program given the challenging economic environment, which has resulted in more than 30 per cent of the company's overall workforce being cut since the end of 2014.

It's not all doom and gloom, however.

At the University of Alberta, close to 70 per cent of the 1,300 students looking for four-month co-op placements have found them, said assistant professor Tim Joseph at the university's school of mining and petroleum engineering.

He said employers still have short-term hiring needs — and while the co-op students are paid a healthy salary ranging from around $3,000 to more than $6,000 a month at times, companies aren't on the hook for senior-level salaries, benefits or other long-term obligations.

"It's not the same expense as a full hire. You can normally get two to three people for the price of one," said Joseph.

Joseph said he's hoping to get more than 80 per cent of students in co-ops this summer, compared with a peak of 96 per cent in the boom years. Students who can't find placements risk losing their spot in the co-op program, and graduating without work experience.

But even those graduating with experience are struggling, said Joseph, as they look for those elusive long-term, full-time jobs. He recently asked for a show of hands in the graduating class of about 850 of those who had a job lined up, and said only about 20 per cent raised their hands.

Hashem was fortunate enough to find co-op placements throughout his program, so has some savings to live on, but he's cut back on expenses where he can. With few jobs to apply for, he's spending most of his time these days trying to further improve his skills, taking an online course on project manager principles so he can apply for civil engineering jobs.

THE CANADIAN PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING

The cutest, happiest show on television

THE SHOW: Little Big Shots, Season 1, Episode 6
THE MOMENT: The Motown kid

Host Steve Harvey introduces Nathaniel, a teenager who plays young Michael Jackson on Broadway in The Motown Musical. Out struts a boy with a smile brighter than the stage lights, wearing a red jacket and a black hat cocked on his forehead. Harvey starts wiggling with glee.

"Ooh, he got swag," he says. "Look at him pop-locking. Notice how he hasn't taken his hand out of his pocket. Player move."

Harvey and Nathaniel chat about how much they love James Brown. Nathaniel pulls on a yellow cape and starts doing a murderously good James Brown dance, complete with splits.

Harvey watches for a minute, open-mouthed. Then he can't help it, he's on his feet. He flings his question card away, and dances along.

Little Big Shots is, bar none, the happiest show on the air. It's a formula as old as television itself — kids say and do the darndest things — but this iteration from producers Ellen Degeneres and Harvey nails it.

First, it's not a competition; everyone gets a standing ovation. Second, Harvey is insanely good at talking to kids. He knows when to tease them; he knows how to play dumb to make them giggle; and he makes masterful reaction faces.

Most importantly, few of the kids are as talented as Nathaniel. For every string quartet or eerily mature jazz singer, there's an amateur tap dancer, ventriloquist, or YouTube star who dances funny.

They're not scary-good, just good enough to charm you into beaming at the TV as if you were their grandma.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Little Big Shots host Steve Harvey with pint-sized soul sensation Nathaniel. CONTRIBUTED

Beyoncé turns racism and rage into Lemonade

MUSIC

Intoxicating surprise album tackles tough topics

Beyoncé doesn't simply release albums anymore, she unleashes events.

And so it was this weekend, amid deep mourning for a lost icon, music's queen dropped Lemonade, an arresting display of what technically qualifies as videos and singles, but is better described as a work of art that appeared deeply personal, yet is a bold social and political statement as well.

It contains revenge anthems for scorned wives, a requiem for side chicks, a display of #BlackGirlMagic and support of #BlackLivesMatter, and an ode to forgiveness, all wrapped into an hour-long HBO special Saturday night that would, of course, land on Tidal, the music-streaming service owned by hubby Jay Z, moments after the special ended.

"Are you cheating on me?" Beyoncé's husky voice intones early on. For the first half of Lemonade, it seems that Jay Z's 100th problem was here, and unfixable. While Beyoncé has used rumours of infidelity to fuel her music for years, it seemed as if she was spilling all the tea on her much-scrutinized marriage with Lemonade.

On "Hold Up," an intoxicating song with an island beat, a smiling Beyoncé takes Crazy in Love to a new level: She smashes a bat on everything around her while reminding her man that other women "don't love you like I love you." Later, on "Sorry," with a twerking Serena Williams by her side, she shows her man the stupidity of his cheating ways and all he's lost. "Middle fingers up, put 'em hands high, put it in his face, tell him 'Boy bye.'"

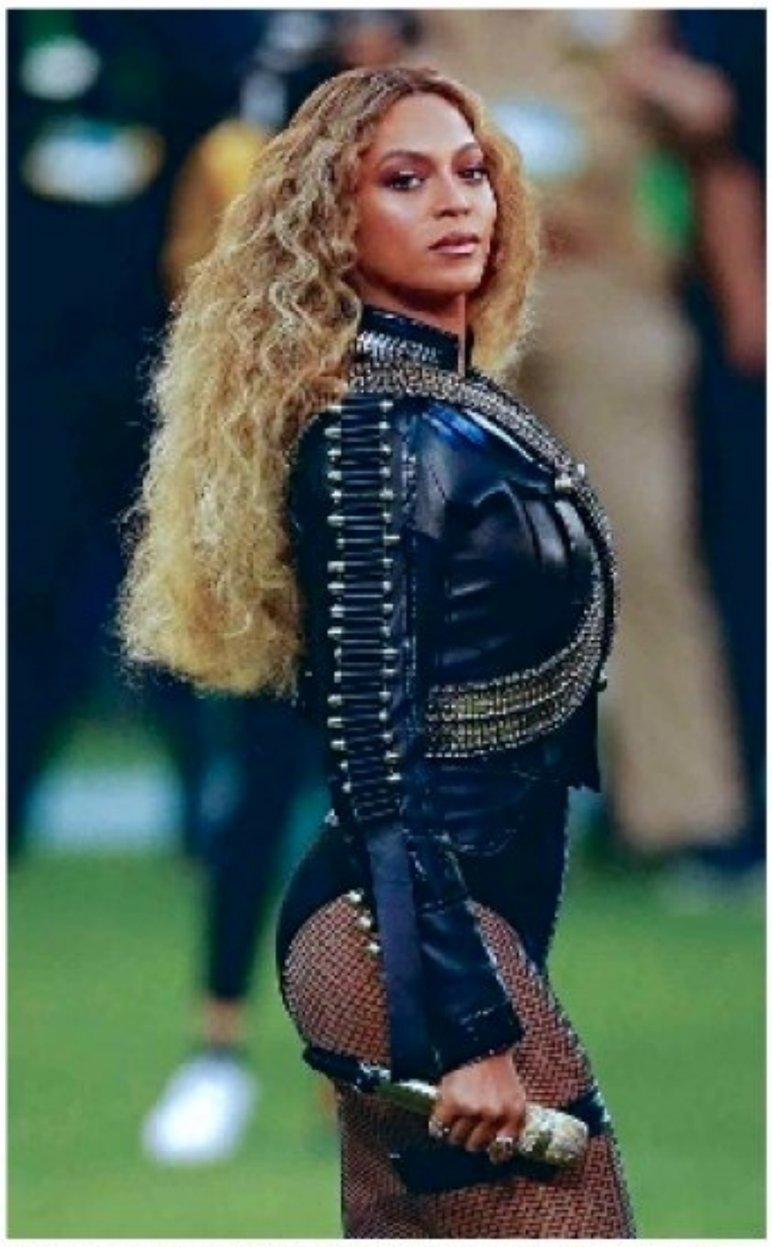
At another point, she references her man's desire for "Becky with the good hair" and talks about wearing his mistress's scalp.

What could come across as desperate instead becomes empowering, though, in part due to the poetic narrative Beyoncé uses to tie each segment together, as well as the imagery, which is a defiant celebration of the beauty of black women: Dark to light, woolly hair to wavy hair, all looking glorious.

And just as we think it's time to get seriously concerned for Jay Z's safety, he appears, nestled with his queen, in Sandcastles, which speaks to a troubled union but a love that transcends it.

Toward the end of Formation, not included on the HBO special but part of the album, Beyoncé intones: "You know you that b— when you cause all this conversation."

THE ASSOCIATED PRESS



Beyoncé confronts the infidelity rumours swirling around her husband Jay Z head-on in Lemonade. EZRA SHAW/GETTY IMAGES

TREND

Rising prices delay home buying for U.S. millennials

Short of savings and burdened by debt, America's millennials are struggling to afford their first homes in the face of sharply higher prices in many of the most desirable cities.

Surveys show that most Americans under 35 lack adequate savings for down payments. The result is that many will likely be forced to delay home ownership and to absorb significant debt loads if they do eventually buy.

Steadily rising home values in recent years have eclipsed pay increases, making it especially difficult to buy in major growth areas for jobs, such as San Francisco, Denver and Seattle.

Nationally, 37 per cent of millennial renters have saved nothing at all for a down payment, according to a survey of 30,000 renters being released Wednesday by Apartment List, a company specializing in rental home searches.

At the same time, 79 per cent of millennial renters say they aspire to own a home, illustrating a troublesome gap between expectations and financial realities.

Even those diligent enough to set aside money are still short the cash to buy a home.

Among larger metro areas, millennial renters who are saving have put aside an average of just $5,830. This marks less than one-fifth the savings needed for the typical 20 per cent down payment on a starter home costing $175,000. The lack of savings raises doubts about whether the under-35 crowd will also delay marriage and children, said Andrew Woo, a data scientist at Apartment List.

One possibility — already evident in some markets — is that first-time buyers are making smaller down payments and paying mortgage insurance or slightly higher interest rates on mortgages.

Excess housing debt roughly a decade ago inflated a housing bubble and then triggered a market crash that led to the worst economic downturn since the Great Depression more than 80 years ago.

"A lot of millennials are not saving enough for a 20 per cent down payment for a home," Woo said. "What does that do for our financial system — especially since we had the financial crisis less than 10 years ago? Are we willing to let homebuyers be highly leveraged like they were before?"

Millennials not only entered a job market still healing from the downturn, but arrived with high student debt burdens, with averages approaching $30,000. Fifty-three per cent of homebuyers under 35 last year said that student loans had delayed their purchases, according to a survey released last month by the National Association of Realtors.

THE ASSOCIATED PRESS

Nationally, 37 per cent of millennials have saved nothing at all for a home. ISTOCK

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Caps deliver KO blow

NHL PLAYOFFS

Washington moves on from Philly to face Pittsburgh

Early in the third period, a Flyers fan held up a sign directed at Washington that read, "You'll choke."

Not these Capitals, and certainly not against punchless Philadelphia.

Nicklas Backstrom scored, Braden Holtby had 26 saves, and the Washington Capitals beat the Philadelphia Flyers 1-0 on Sunday in Game 6 to win the series 4-2 and advance to the Eastern Conference semifinals.

The Capitals will play the Pittsburgh Penguins, setting up a marquee matchup of Alex Ovechkin vs. Sidney Crosby.

"It's going to be a hard series," Ovechkin said.

The Capitals scored two goals over the final three games of the series and clearly need more from Ovechkin and Co. to have a chance against the Penguins, who beat the Rangers in five games.

Against the Flyers, it was just enough, though.

Ovechkin had an assist on Backstrom's second-period goal that easily held against the Flyers.

Riding the momentum of Michal Neuvirth in net, the Flyers won two straight to force an unlikely trip home. Neuvirth was sensational again, but the Flyers were ultimately doomed by a power play that could not

Tom Wilson of the Capitals flattens the Flyers' Pierre-Edouard Bellemare on Sunday in Philadelphia. PATRICK SMITH/GETTY IMAGES

GAME 6 In Philadelphia

WASHINGTON	PHILADELPHIA
1	0

cash in against Holtby. The Flyers wasted nearly two minutes of a 5-on-3 power play in the second period that made a critical difference.

"We sacrificed our body 5-on-3," Ovechkin said. "We paid the price and we won."

The reward: keeping alive the pursuit of the first Stanley Cup championship in franchise history.

"It's a different group. The past is a different regime," Holtby said. "We are trying to write our own history."

Holtby, who had a 19-save shutout in Game 1, was barely tested with solid shots the last two games. The Flyers took only 11 shots against him in Game 5 and matched that feeble total midway through the second period. Most of their shots Sunday came from long range, and the Flyers never really attacked Holtby.

Philadelphia's top three goal scorers — Claude Giroux, Wayne Simmonds and Brayden Schenn — failed to score in the series following a regular season where they combined for 80 goals.

Giroux insisted he was not hurt, just "not good enough."

"We expected to win the series," he said. THE ASSOCIATED PRESS

NBA PLAYOFFS

Curry hurt but Dubs rain 3s on Rockets

Klay Thompson scored 23 points and the Golden State Warriors set an NBA playoff record with 21 three-pointers to overcome another injury to Stephen Curry and beat the Houston Rockets 121-94 on Sunday for a 3-1 series lead.

Curry returned after missing two games with a sprained right ankle, but did not play in the second half after spraining his right knee on the final play of the second quarter.

Golden State was just fine without him thanks to three-point shooting that led to a 41-point third quarter. The Warriors bested the NBA record they shared for threes in a playoff game when Brandon Rush made one from the top of the key with about 2-1/2 minutes left.

Golden State hosts Game 5 on Wednesday.

Dwight Howard led Houston with 19 points and 15 rebounds. James Harden had 18 points, 10 assists and seven steals.

The Warriors made eight threes in the third quarter alone to set a franchise playoff record for three-pointers in a period. Thompson led the way from long range, going 7-for-11, and Draymond Green made four.

Curry slid awkwardly to the court while defending on the last play before halftime and immediately grabbed his knee. He got up and looked to have trouble putting weight on it before jogging with a limp to the locker-room. THE ASSOCIATED PRESS

GAME 4 In Houston

WARRIORS	ROCKETS
121	94

IN BRIEF

Lecavalier says this season was his last as a player

Vincent Lecavalier says he still plans to retire this summer, ending a 17-year NHL career after one last revitalizing season with the Los Angeles Kings.

The 36-year-old forward scored 949 points in 1,037 games and won the Stanley Cup during a career that began with the Tampa Bay Lightning, who made him the No. 1 pick in the 1998 draft. THE ASSOCIATED PRESS

Spurs make quick work of mauling Grizzlies

Kawhi Leonard scored 21 points as the San Antonio Spurs routed the Memphis Grizzlies 116-95 on Sunday, sweeping the best-of-seven opening-round series.

It was the Spurs' third post-season sweep of the Grizzlies (2004 and 2013).

San Antonio now awaits the winner of Oklahoma City-Dallas, a series that the Thunder lead 3-1. THE ASSOCIATED PRESS

Jays bats back on track

MLB

Oakland gets taste of offence that lit up dome in 2015

Ezequiel Carrera and Jose Bautista homered Sunday as the Toronto Blue Jays continued to swing a hot bat in a 6-3 victory over the Oakland Athletics.

It was a battle of the long ball with Oakland slugging three solo shots and both teams falling just short of the fence on several other occasions.

The Toronto attack, which was sluggish to open the season, woke up against the Athletics with 20 runs, 32 hits and six home runs to win the series 2-1. Carrera, a backup outfielder, helped trigger the offence with seven hits over the three games.

Jose Bautista congratulates Ezequiel Carrera on his third-inning home run on Sunday. TOM SZCZERBOWSKI/GETTY IMAGES

The Jays (10-10) have won two straight while the Athletics (10-9) have lost two in a row after starting the campaign with seven consecutive road wins.

Drew Hutchison, called up from the minors for a one-off start to give Toronto's rotation an extra day's rest, left to a standing ovation after giving up just two runs on four hits over 5-2/3 innings. He struck out five and walked two, throwing 55 strikes in a 95-pitch outing.

The only blemishes on his afternoon were solo homers by Khris Davis, in the second, and Josh Reddick, in the sixth.

SUNDAY In Toronto

BLUE JAYS	ATHLETICS
6	3

Chris Coghlan also homered off Jesse Chavez in a seventh inning that saw two other A's hammer moonshots to the warning track.

Roberto Osuna pitched a 1-2-3 ninth for his sixth save.

There was a full house of 46,300 for Josh Donaldson MVP Bobblehead Day, with fans lining up for hours before the game to get one of the 20,000 giveaways.

Prior to the game, the reigning AL MVP was presented with his Silver Slugger Award as the best-hitting third baseman in the AL, as well as Players Choice Awards as 2015 Player of the Year and AL Outstanding Player. THE CANADIAN PRESS

PREMIER LEAGUE

Leicester notch 4 without top scorer

No Jamie Vardy, no problem for Leicester.

Even with their top scorer suspended, the Premier League leaders still overpowered Swansea 4-0 on Sunday to move a step closer to collecting the trophy.

The only team which can now catch Leicester is Tottenham, and the pre-season 5,000-1 outsiders have their destiny in their own hands. Tottenham is eight points behind Leicester in second place going into Monday's game against West Bromwich Albion.

Regardless of what Tottenham does in its last four games, Leicester will be guaranteed the top flight title for the first time in its 132-year history by collecting five points from its remaining three fixtures.

Leo Ulloa GETTY IMAGES

Leicester dismantled Swansea with its biggest win in three months. Vardy's replacement, Leonardo Ulloa, scored twice after Riyad Mahrez's opener and Marc Albrighton completed the rout. THE ASSOCIATED PRESS

IN BRIEF

Jones strong in UFC return

Jon Jones unanimously outpointed Ovince Saint Preux on Saturday night at UFC 197 to take the interim light heavyweight title in his return to the octagon.

On probation for a previous hit-and-run crash in New Mexico, Jones had been stripped of the title.

Jones improved to 22-2 with winning scores of 50-44, 50-45 and 50-45 from the judges. He will next face Daniel Cormier to unify the title. Saint Preux fell to 19-8. THE ASSOCIATED PRESS

Speedskater Denny Morrison suffers stroke

Canadian speedskater Denny Morrison is recovering in a Salt Lake City hospital after suffering a stroke Saturday.

Speed Skating Canada says the 30-year-old from Fort St. John, B.C., had completed a month of bike touring on the Arizona Trail and was spending some free time around Salt Lake City.

Scans confirmed a brain blood clot and carotid artery dissection. No surgery was required, SSC said. THE CANADIAN PRESS

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RECIPE Kale Salad with Chicken and Blueberries

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We're holding tight to the if-you-cook-it-spring-will-come philosophy and switching over to a lighter menu. This kale salad gets lots of flavour and texture from chicken and sweet berries.

Ready in
Prep Time: 15 mintues
Serves: Four

Ingredients
- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- Salad dressing
- 1/2 cup crumbled goat cheese
- salt and pepper to taste

Directions

1. Season chicken with a pinch of salt and pepper. Grill breasts on the barbecue or a grill pan for about 5 minutes a side until they are cooked through. Set aside.

2. Wash kale and use a sharp knife to cut out the rib of each leaf. Slice the leaves horizontally into ribbons. Drizzle with a bit of olive oil, toss, then massage leaves for a minute or two.

3. Cut chicken into bite-sized pieces. Toss the chicken, berries and pecans in with the kale. Pour a small amount of salad dressing over and toss. Crumble the goat cheese over the salad. Place the extra dressing on the table for anyone who would like a little more on their salad.

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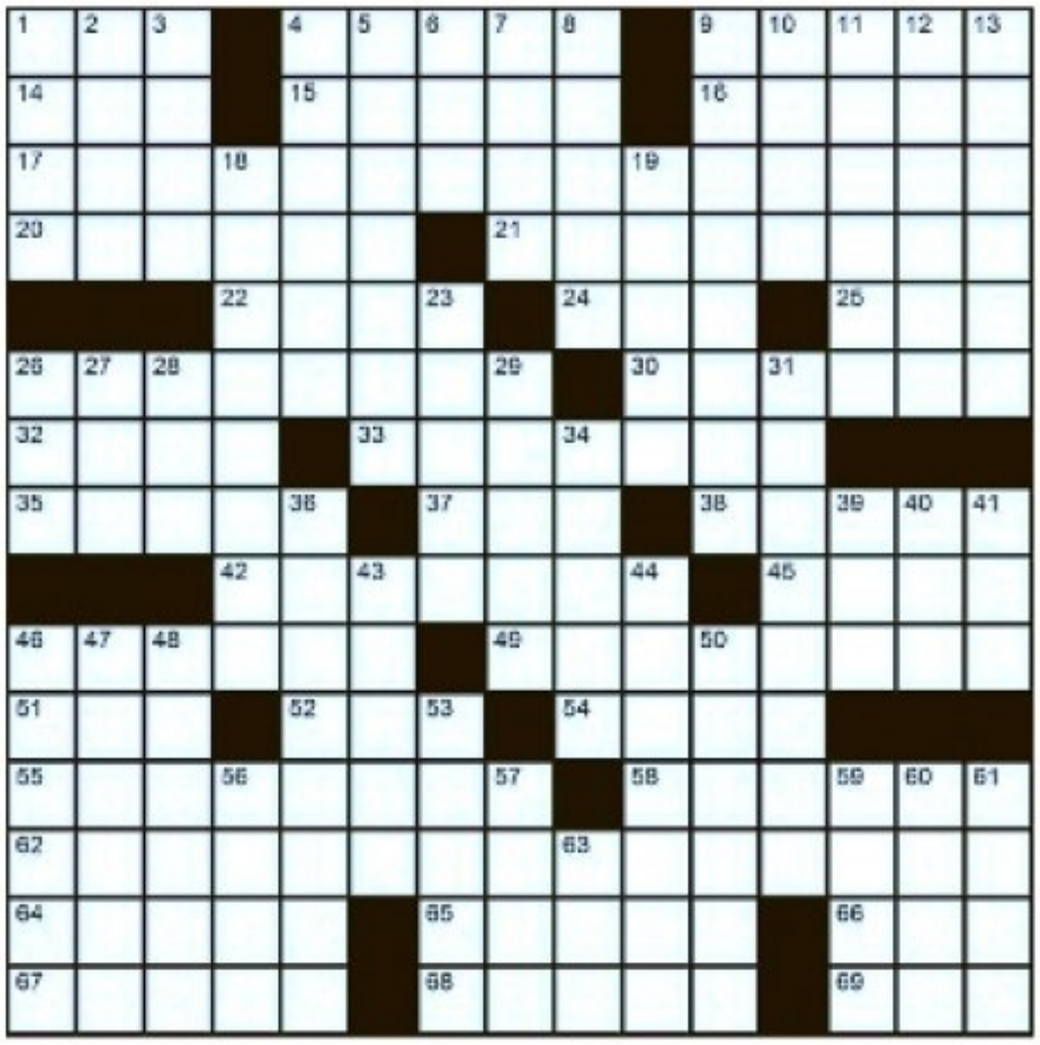
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Beaver-built barrier
4. Cramp
9. Tiger: French
14. Identity part
15. "__ a stinker?" - Bugs Bunny
16. Against a thing, at law: 2 wds.
17. Nunavut's official flower: 2 wds.
20. Jason of "The Lost Boys" (1987)
21. One trusting another with info
22. Above
24. US medicine watchdog
25. Canadian language, e.g.
26. Spot for a stop on a road trip: 2 wds.
30. Prison person
32. "__ the Groove" by Madonna
33. "American Idol" alum who famously sported a faux-hawk
35. Particular pears
37. France: Le Chateau _'__ (Castle attraction in Upper Normandy)
38. Misses in Madrid, mini-ly
42. Barry Manilow hit bit: "__, __, well / You came and you gave..."
45. National Park in Field, BC
46. Songstress Ms. Gore
49. Judd Hirsch sitcom: 2 wds.
51. Swiss peak
52. Game-on-grass gr.
54. Cruising
55. Beau __ (Star on MTV's "Awkward." from Victoria)
58. Household
62. Remotely banished in Russia: 3 wds.
64. Saltpetre, US-style
65. Chilliwack song
66. Advantages
67. Shoe's bottom design
68. Tatshenshini-__ Park, in northwestern BC
69. Actress, Myrna __x

DOWN
1. Hollywood star Johnny
2. Water: Spanish
3. Beetle Bailey creator Mr. Walker
4. Genealogy test sample
5. Ones attaching jigsaw puzzle bits together, say
6. Years: French
7. Disconnected, in music [abbr.]
8. __ __ sun and cloud (Weather forecast)
9. "Breakfast at __" (1961)
10. Crucifix inscription
11. Best quality, as per food: wd. + letter
12. One who rules when the monarch can't
13. Surface
18. Procedure/etiquette
19. New Delhi's country
23. __ __ book (Do this at the library)
26. Poke fun
27. U2 producer surname
28. Holy ones [abbr.]
29. A means to __ __
31. Kingston-born Celtic singer Ms. Lamond: 2 wds.
34. Herod the Great's realm
36. German __ (Woof!)
39. Also
40. Relieved-one's sound
41. __-in-law
43. "Goodness gracious.": 2 wds.
44. "Baywatch" star Ms. Bleeth
46. Bemoan
47. Magical potion
48. Soft drink name
50. Sportswear brand
53. SAG-__ (Show-biz union)
56. Actress Ms. DuVall
57. Stable offspring
59. Husk
60. Mr. Vannelli
61. Simple
63. Khloe, to Kim

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do not be discouraged if studies or travel possibilities look too difficult. Many people think that they are overwhelmed with burdens today, but this is temporary.

Taurus April 21 - May 21
You might be discouraged because your fair share of something is less, or there isn't enough money to do something in conjunction with someone else. Just wait, because this challenge will pass.

Gemini May 22 - June 21
Someone older might rain on your parade today. Don't take this personally, because we all feel this in different ways today. Sigh.

Cancer June 22 - July 23
If someone older or more experienced is critical of you at work today, listen in case there is something of value in what he or she has to say. Yes, it will discourage you, but such is life.

Leo July 24 - Aug. 23
Children might be an increased responsibility today. Likewise, romance might be in the toilet. Fear not; this is a fleeting disappointment.

Virgo Aug. 24 - Sept. 23
An older family member might disapprove of your actions today. Oh well, what's new? This sort of thing goes up and down all the time. Just wait it out.

Libra Sept. 24 - Oct. 23
Don't be gripped by worries today. Remember that old saying: "Worry is like a rocking chair. It gives you something to do, but gets you nowhere." It's true.

Scorpio Oct. 24 - Nov. 22
You might be discouraged because you don't have enough money to do something today. Well, join the club — we number millions. No worries.

Sagittarius Nov. 23 - Dec. 21
Today the Moon in your sign is lined up with stern Saturn. This means that duty and obligations come first. Consider this an opportunity for hard work.

Capricorn Dec. 22 - Jan. 20
You will work hard behind the scenes today to accomplish as much as possible, because you see the objective that you want to attain. No pain, no gain!

Aquarius Jan. 21 - Feb. 19
Listen to the advice of someone older or more experienced because this person might help you today. (After all, you don't have to reinvent the wheel, do you?)

Pisces
Feb. 20 - March 20
It won't be easy to persuade authority figures to go along with what you want today. Therefore, wait for another day to make your pitch. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		4		7				2
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	5	3	2			1		9
		9						
4				8		7		6

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	7	1	5	2	4	6	9	8
2	8	9	6	3	1	4	5	7
5	6	4	7	8	9	1	2	3
1	9	8	2	7	6	3	4	5
4	2	3	9	5	8	7	1	6
6	5	7	4	1	3	9	8	2
8	3	2	1	4	7	5	6	9
7	1	6	8	9	5	2	3	4
9	4	5	3	6	2	8	7	1

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